What is claimed is:

1. A ceiling panel for use in a suspended ceiling system comprising:

- a) a main frame;
- b) at least two crossing members within said main frame; and
- c) a facing material adhered to said main frame and said crossing members.
- 2. The ceiling panel of claim 1, wherein said main frame and said crossing members a one-piece assembly.
- 3. The ceiling panel of claim 2, wherein said main frame and said crossing members are made of a material selected from the group consisting of injection molded plastic and extruded plastic.
- 4. The ceiling panel of claim 2, wherein said main frame and said crossing members are made of a material selected from the group consisting of aluminum, steel, and other roll-formable metals.
- 5. The ceiling panel of claim 3, wherein said main frame and said crossing members are welded together.
- 6. The ceiling panel of claim 3, wherein said plastic is flame retardant.
- 7. The ceiling panel of claim 6, wherein said plastic is selected from the group consisting of rigid polyvinyl chloride and polyphenylene sulfide.
- 8. The ceiling panel of claim 6, wherein said plastic is a plastic made with a material selected from the group consisting of halogenated additives/copolymers, antimony trioxide, antimony pentoxide, nitrogen-

phosphorous flame retardants, phosphates, aluminum trihydrate, magnesium hydroxide, bauxite, and calcium carbonate.

- 9. The ceiling panel of claim 3, wherein said plastic is reinforced with a material selected from the group consisting of glass fibers, carbon fibers, mica, wollastonite, and talc.
- 10. The ceiling panel of claim 1, wherein said facing material is a veil.
- 11. The ceiling panel of claim 1, wherein said facing material is a textile material.
- 12. The ceiling panel of claim 1, wherein said facing material is a film.
- 13. The ceiling panel of claim 5, wherein said facing material is adhered to said main frame and said first and second crossing members by heat bonding or through adhesives applied either to the frame or preapplied to the veil.
- 14. The ceiling panel of claim 1, wherein said main frame is square or rectangular.

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15. The ceiling panel of claim 14, wherein said crossing members are arranged in an "X" shape or radiated outwardly from a centrally located, circular connection point.

16. The method of making a ceiling panel for use in a suspended ceiling system comprising the steps of:

- a. providing a main frame
- providing first and second crossing members within said main frame;
- c. providing a facing material; and
- d. affixing said facing material to said main frame and said first and second crossing members.
- 17. The method of claim 16, wherein said main frame and said crossing members are a one-piece assembly.
- 18. The method of claim 17, wherein said main frame and said crossing members are made of a material selected from the group consisting of injection molded plastic and extruded plastic.
- 19. The method of claim 17, wherein said main frame and said crossing members are made of a material selected from the group consisting of aluminum, steel, and other roll-formable metals.
- 20. The method of claim 18, wherein said main frame and said crossing members are welded together.
- 21. The method of claim 18, wherein said plastic is flame retardant.
- 22. The method of claim 21, wherein said plastic is selected from the group consisting of rigid polyvinyl chloride and polyphenylene sulfide.

23. The method of claim 21, wherein said plastic is a plastic made with a material selected from the group consisting of halogenated additives/copolymers, antimony trioxide, antimony pentoxide, nitrogen-phosphorous flame retardants, phosphates, aluminum trihydrate, magnesium hydroxide, bauxite, and calcium carbonate.

- 24. The method of claim 18, wherein said plastic is reinforced with a material selected from the group consisting of glass fibers, carbon fibers, mica, wollastonite, and talc.
- 25. The method of claim 16, wherein said facing material is a veil.
- 26. The method of claim 16, wherein said facing material is a textile material.
- 27. The method of claim 16, wherein said facing material is a film.
- 28. The method of claim 20, wherein said facing material is adhered to said main frame and said first and second crossing members by heat bonding or through adhesives applied either to the frame or preapplied to the veil.
- 29. The method of claim 16, wherein said main frame is square or rectangular.
- 30. The method of claim 29, wherein said crossing members are arranged in an "X" shape or radiated outwardly from a centrally located, circular connection point.